

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (previously presented) A human-powered mobile means, characterized in that it comprises a main frame (2) and at least one modular element (1a-1e), said modular element (1a-1e) being adapted to accommodate at least one user, provided with ergonomic operating means, and connectable to said frame (2) by means of reversible, quick coupling means (4,5,8,9), thus being interchangeable with further modular elements (1a-1e).
2. (original) A modular system according to claim 1, **characterized in that** said reversible quick hooking means comprise linear guides (5) fixed to said main frame (2) and trolleys (4) sliding along said guides (5), associated to said modular elements (1a-1e).
3. (original) A modular system according to claim 1, **characterized in that** said linear guides (5) comprise a plurality of references (8) adapted to cooperate with blocking means (9) associated to said trolleys (4), for determining blocking positions univocally selectable for said trolleys (4).
4. (original) A modular system according to claim 1, **characterized in that** said reversible quick hooking means comprise at least one housing (10) associated to said main frame (2), for the insertion of a base (11) associated to said

modular elements (1a-1e), and that may be blocked in position inside said housing (10).

5. (original) A modular system according to claim 1, **characterized in that** devices for absorbing mechanical energy (30, 31) are associated to said main frame (2).

6. (currently amended) A modular system according to ~~claims 1 and~~ claim 5, **characterized in that** said main frame (2) and said modular elements (1a-1e) comprise transmission means (40, 41) that may be reversibly connected one to the other, and that may connect the ergonomic operating means associated to the modular elements (1a-1e), to the absorbing devices (30, 31) associated to the main frame (2).

7. (original) A modular system according to claim 1, **characterized in that** said modular elements (1a-1e) comprise devices (30) for absorbing mechanical energy, mechanically connected to the operating means associated to said modular elements.

8. (currently amended) A human powered boat, characterized in that it comprises a modular system according to ~~one or more of the preceding claims~~ claim 1, wherein said main frame (2) comprises hulls (50a, 50b) connected by beams (52) for supporting at least one frame (53) to which reversible quick hooking means (5, 10) for said modular elements (1a-1e) are associated.

9. (currently amended) A human powered boat, **characterized in that** it comprises a modular system according to ~~one or more of the preceding claims~~ claim 1, wherein said main frame (2) comprises hulls (50a, 50b) connected by a platform (51)

comprising said reversible quick hooking means (5, 10) for said modular elements (1a-1e).

10. (currently amended) A mobile mean or a static machine operated by human muscular strength, for training, physical exercise or recreational use, **characterized in that** it comprises a modular system according to ~~one or more of the preceding claims~~ claim 1.